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NEWS WORTH SHARING.

Make a splash with yoga this summer

Special sequence for swimmers will ensure better technique and stamina in the pool PAGE 17

No end to fallout in data-leak case

As U.S. asserts intention to continue with secret surveillance, speculation swirls around leaker's next move PAGE 9

HANGING UP HIS SPACE SUIT

CHRIS HADFIELD ANNOUNCES HE'S RETIRING FROM THE SPACE PROGRAM AND MOVING BACK TO CANADA FROM HOUSTON PAGE 10

Health Canada is getting out of the medical-marijuana business, with patients expected to receive their bud by mail from licensed producers instead. METRO FILE

Dispensaries left out of medical weed equation

Access. Feds setting up mail-order system with new regulations

Health Canada is no longer going to sell pot, but it won't pass the responsibility to the joints that already serve medical-marijuana patients.

The federal government's new medical-marijuana regulations, released Monday after two years of consultation, completely ignore distribution by dispensaries such as Vancouver's BC Compassion Club Society.

Instead of a sole supplier, the government will select licensed producers that can distribute a variety of strains of dried marijuana by mail. Under the new system, authorized users will no longer be allowed to grow marijuana in their own homes nor to designate a grower.

But it's going to be business as usual for the dispensaries, decriminalization advocate Dana Larsen says.

"We're not going anywhere," she warned.

Dispensaries, while technically illegal, operate in a grey zone since a number of B.C. Supreme Court cases have called Health Canada rules unconstitutional. They provide cheap cannabis to patients with the "tolerance of the community."

"They've made a mistake to cut us out of the system instead of working to incorporate us into the system," Larsen said.

Since 2001, the medical-marijuana program has grown to more than 30,000 authorized users from fewer than 500, Health Canada says.

"While the courts have said that there must be reasonable access to a legal source of marijuana for medical purposes, we believe that this must be done in a controlled fashion in order to protect public safety," Health Minister Leona Aglukkaq said in a statement. "These changes will strengthen the safety of Canadian communities, while making sure patients can access what they need."

The government will also allow nurse practitioners to help people obtain dried bud.

But that's not enough for the Canadian Association of Medical Cannabis Dispensaries, which will host a conference this month on ways to self-regulate dispensaries to earn legitimacy.

As for any action by the Vancouver police, who tend to leave dispensaries alone, Sgt. Randy Fincham says they will continue to enforce the law.

EMILY JACKSON/METRO

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Clark, cabinet go straight to work after being sworn in

Priorities. Premier says she expects the date for her byelection in Westside-Kelowna to be announced soon

Premier Christy Clark says the legislature will be recalled within days to ensure the government passes its budget, even though she will be campaigning in a byelection for much of the debate.

Clark said passing the budget that was introduced last February is her government's top priority. The budget, which the Liberals forecast as a surplus of $197 million and the Opposition New Democrats say is more like a deficit of $800 million, was a major topic of debate during the May election campaign, which Clark's Liberals won.

"The budget, the budget, the budget" was how Clark described her government's priorities when it recalls the legislature this month.

She said the legislature may also debate a provincial apology for the Chinese Head Tax, put on hold just prior to the May election.

Clark said the Liberals are seeking to ensure any B.C. government apology for the treatment of Chinese immigrants involves all parties in the legislature.

Clark moved quickly Monday from an official cabinet and premier's swearing-in ceremony at Victoria's Government House to the legislature, where her new cabinet gathered for its first working meeting.

She emerged from the meeting saying her top priorities are the budget and a government-wide core review, which she says will focus on reducing government red tape as opposed to cutting government jobs.

THE CANADIAN PRESS

Government review

"We need to be looking at the kinds of red tape that have the biggest impact on people, not just pure numbers."

Premier Christy Clark on her government's forthcoming core review, which will be headed by Energy Minister Bill Bennett

Premier Christy Clark smiles at a swearing-in ceremony at the legislature in Victoria on Monday.

JONATHAN HAYWARD/THE CANADIAN PRESS

Longboarder, 12, in hospital after crash

A 12-year-old boy remains in hospital in serious condition after his longboard crashed into a car on the weekend.

The boy, along with some friends, was riding his longboard, a skateboard designed for speed, down the steep incline of the 24700 block of McClure Drive in Maple Ridge on Saturday afternoon, according to Ridge Meadows RCMP.

When a car came along, the boy couldn't stop for the vehicle and smashed into its side. He was airlifted to hospital, where he remains.

The driver remained at the scene and is co-operating with police, Sgt. Dale Somerville said in a statement, adding that the early investigation shows the boy "simply was not able to stop in time" — the main contributing factor to the crash.

Police are warning longboarders that the activity is not safe, as high speeds prevent users from being in total control. This is especially true when people lie down on the boards, as it reduces the chance a driver can see them or stop in time.

The incident marks the fourth longboarder collision in a week. Three others were hurt in West Vancouver and the Sunshine Coast.

In July 2010, a young woman on her longboard died after colliding with a van in North Vancouver.

EMILY JACKSON/METRO

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Stolen monster truck

Man attempts to run over officer

A Langley man has been charged with attempting to kill a police officer after Manitoba RCMP allege he tried to run over a cop with a stolen monster truck near Portage la Prairie last week.

Police were called to a farm June 5 where a man had allegedly assaulted the farm's owner after getting caught trying to steal his dog.

The suspect fled the farm in a truck that police describe as being a "monster-style, four-wheel-drive pickup" that had previously been reported stolen from Saskatchewan.

When police caught up, the suspect allegedly drove directly toward an officer in a police car, knocking the car into a ditch and then tried to drive over the car in the monster truck.

The officer was treated and released from hospital.

Joashua Eugene Brockington, 29, of Langley is facing 30 charges related to the melee. SHANE GIBSON/METRO

Scientists cast their eyes on stranded killer whales

Pacific Ocean. Data provides new baseline for understanding growth, maturity and life cycle of iconic ocean predator

MATT KIELTYKA
matt.kieltyka@metronews.ca

Data taken from stranded killer whales since 1925 may change the way scientists look at the iconic ocean predators.

An international study published last week in the journal Marine Mammal Science, including research from the B.C. government, analyzed killer whale beaching and compiled comprehensive data on the mammals.

Researchers developed a formal protocol for conducting necropsies and collecting data from stranded killer whales in 2004 after realizing just how little information scientists had from historic cases.

An average of 10 killer whales are discovered stranded across the entire North Pacific Ocean annually.

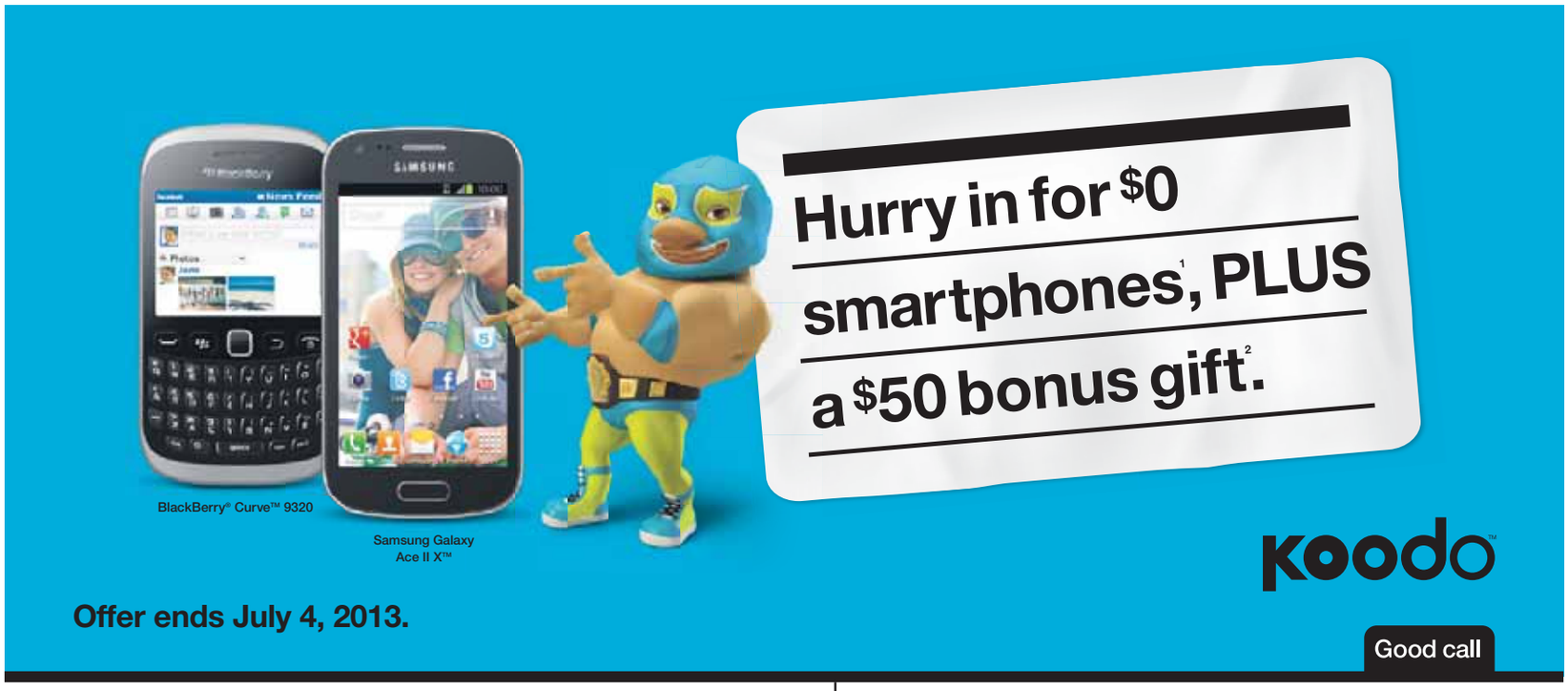
That's already a relatively small number, yet researchers found less than two per cent of those whales had been thoroughly examined before the new practices were implemented.

So researchers went through the arduous task of collecting what little historic information had been gathered since 1925 and added it to in-depth data gleaned from stranded whales since 2004.

While cause of death was not evaluated in the 371 reported strandings that make up the study, scientists say they now have a baseline to better understand growth, maturity and the life and death cycle of the whales.

A stranded killer whale. JEFF JACOBSEN/HUMBOLDT STATE UNIVERSITY VERTEBRATE MUSEUM

"Each stranded orca should be viewed as a unique opportunity to enhance our understanding of this magnificent species," said Stephen Raverty, a veterinary pathologist with the B.C. Ministry of Agriculture and co-author of the report.



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Mountie weeps over ‘traumatic’ Taser death

Robert Dziekanski. RCMP officer charged with lying about the case at a public inquiry

One of the four Mounties who confronted Robert Dziekanski the night the Polish immigrant was stunned with a Taser, leaving him to die on the floor of the Vancouver airport, says the confrontation was “the most traumatic” thing that had ever happened to him.

Const. Bill Bentley broke down in tears on Monday as he described what happened in the hours after Dziekanski died — part of a pre-trial hearing to determine what evidence should be admitted at his trial for perjury. He is accused of lying at a public inquiry.

Bentley said he was busy taking statements from witnesses when his superior — another one of the officers facing perjury charges — told him Dziekanski had died. Shortly after, he was told to leave the airport and return to the RCMP detachment near the airport to wait for homicide investigators.

Shortly after a series of questions about his emotional state, Bentley’s lawyer changed the topic, but Bentley choked up as tears ran down his face. The emotional breakdown prompted the judge to stand the hearing down while Bentley regained his composure.

Bentley and three other officers responded to 911 calls in the early morning of Oct. 14, 2007, after Dziekanski, who had been in the airport for nearly 10 hours and spoke no English, started throwing furniture.

Within seconds of arriving, one of the officers stunned Dziekanski several times with a Taser. Dziekanski died shortly after.

Bentley is accused of lying six times during his testimony at the public inquiry, primarily when he attempted to explain apparent discrepancies between his notes and a video of the incident. The indictment read out on Monday also alleges Bentley lied when he said he couldn’t remember what he said to the other three officers about the incident. THE CANADIAN PRESS

Aftershocks

“I was a mess.... (It was) basically the most traumatic thing in my life.”
Const. Bill Bentley

Robert Dziekanski was Tasered seconds after RCMP arrived at the Vancouver Airport. HANDOUT/PAUL PRITCHARD, THE CANADIAN PRESS

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Repeat sex offender

Prosecutor seeks indefinite jail term

A Crown lawyer is asking for an indefinite jail term for a man with a long history of sex offences.

Jack Froese has been convicted in three provinces and pleaded guilty last year to kidnapping and sexual assault. A probation officer told his dangerous offender hearing that although Froese was labelled a high-risk offender when he moved to Kamloops in May 2011, he had a good attitude and was focused.

Six months later, Froese kidnapped a woman from a retail outlet and sexually assaulted her. THE CANADIAN PRESS

Easing the shortage

Scientists advance creation of isotopes

Researchers in B.C. say they’ve reached a milestone in the development of a new medical isotope, which could help address a national shortage.

A team from TRIUMF, a lab for particle and nuclear physics, at the B.C. Cancer Agency has used a medical cyclotron for large-scale production of TC-99m, the isotope needed for medical imaging such as CT scans.

Earlier this year, Ottawa announced $21 million for research into producing isotopes without a nuclear reactor. THE CANADIAN PRESS

Surrey newsroom

Man pleads guilty to killing his wife

A Surrey man has pleaded guilty to second-degree murder in the stabbing death of his 24-year-old wife.

Manmeet Singh was charged with first-degree murder after allegedly stabbing his wife, Ravinder Bhangu, at a Punjabi language newspaper office in July 2011.

A man who tried to help Bhangu was also injured.

Bhangu married in 2009, shortly after arriving in Canada from India, but she had separated from her husband several months before her death. THE CANADIAN PRESS

City's skyline to join Cargo Cults

Burning Man.
Vancouver volunteers building giant effigy for Nevada arts festival

KATE WEBB
kate.webb@metronews.ca

Vancouver's skyline will be visible from the Nevada desert this August — or at least a wooden effigy of it standing 20-feet high.

Each year, a group of Vancouver volunteers is tasked with representing Lotusland at Burning Man, a week-long annual art festival held in the Black Rock Desert, which culminates in the burning of a giant wooden man. "The Man" is always surrounded by smaller effigies representing all the disparate places from which revellers arrive.

Hunter Lund, who is helping to build Vancouver's mountains, buildings and even a crane out of reclaimed wooden pallets, explained the skyline was chosen because the theme for Burning Man this year is Cargo Cults. These cults developed on some South Pacific islands following the Second World War after soldiers left behind remnants of Western conveniences such as rusted Jeeps, crumpled beer cans and Spam.

"What we wanted to do was tie in the idea of Vancouver being a cargo centre for Canada," Lund explained. "Within the project itself we're going to have an artifact which is going to be a mysterious, otherworldly, Cargo Cult-themed item that's going to pulse and light up the whole structure."

The 20-by-20-by-20-foot structure, which will be called Artifactuary, will be engineered for climbing and thoroughly vetted for safety. It is being assembled in Vancouver and will be disassembled and loaded onto a flat-bed truck before the festival begins at the end of August. The organizers are currently running an Indiegogo campaign to try to raise $3,000 for the project, and as of Monday were nearly a third of the way there. To donate, visit Metronews.ca and search "Artifactuary."

An artists' rendering depicts a 20-by-20-by-20-foot sculpture of the Vancouver skyline as it will appear in Nevada's Black Rock Desert this summer.
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Ghost plane raised from English Channel

Attempts to raise the Dornier from the English Channel were delayed for weeks before Monday's successful effort. GARETH FULLER/THE ASSOCIATED PRESS

Second World War bomber. German aircraft shot down during Battle of Britain

A German Second World War bomber was raised from the bottom of the English Channel on Monday, after previous attempts were thwarted by poor conditions.

The Dornier Do-17 aircraft was shot down off the coast of Kent county in southeastern England more than 70 years ago during the Battle of Britain.

Nicknamed the Luftwaffe's "flying pencil" because of its narrow fuselage, it is believed to be the only intact example of the Dornier.

"It has been lifted and is now safely on the barge and in one piece," said Ajay Srivastava, a spokesman for the RAF Museum, which led the salvage operation.

The museum had been trying to raise the relic for a few weeks, but the operation was delayed by strong winds. In 2008, divers discovered the aircraft submerged in 15 metres of water. Experts say the bomber is remarkably undamaged.

The Dornier was a mainstay of German bomber fleets during the Battle of Britain in 1940. The wreck is believed to have been shot down on Aug. 26 of that year at the height of the battle.

Museum officials plan to conserve the plane and put it on exhibition next to the wreck of a British Hawker Hurricane fighter aircraft that also was shot down during the battle.

THE ASSOCIATED PRESS

Social media crackdown

Kuwaiti woman jailed for 'insulting' emir tweets

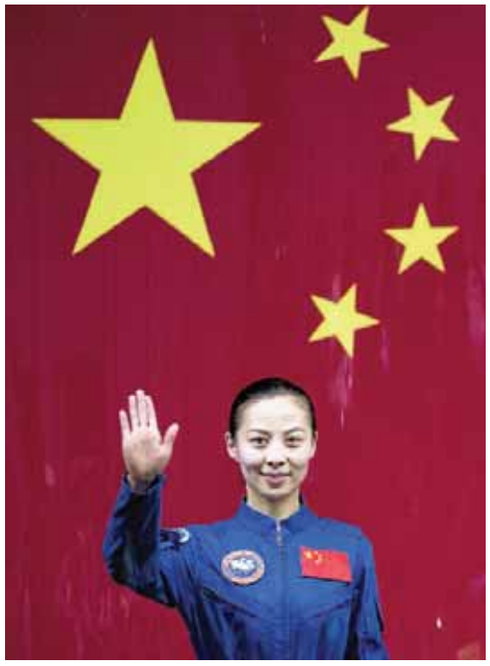
A woman in Kuwait has been sentenced to 11 years in prison after convictions that include insulting the Gulf nation's ruler and encouraging his overthrow, opposition groups say.

Monday's court decision is among the harshest punishments given in the Gulf region as authorities increasingly crack down on perceived dissent on social media. Dozens of people across the Western-backed Gulf states have been sent to jail for Twitter and blog posts in the past year.

Opposition groups in Kuwait say Huda al-Ajmi faced three charges that included insulting the emir, which brought a one-year sentence. Five-year prison terms were given for allegedly calling for coup-style rebellion and violating laws on public discussions.

Kuwaiti media, including the pro-government Al Watan newspaper, also reported the sentencing.

THE ASSOCIATED PRESS



China shoots for the stars

Astronaut Wang Yaping greets the press on Monday at the Jiuquan satellite launch centre near Jiuquan, Gansu province, in western China. Three Chinese astronauts will take flight this week — on Tuesday if weather permits — aboard a Shenzhou spacecraft to dock with China's Tiangong 1 space lab. On the heels of Canadian astronaut Chris Hadfield's wildly popular YouTube videos from the International Space Station, the Chinese crew will deliver a series of talks to students from aboard the Tiangong. China is marking a decade of human space flight. ANDY WONG/THE ASSOCIATED PRESS

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Senate. Auditor general Michael Ferguson returns amid scandal

One year and several scandals later, auditor general Michael Ferguson is returning to the Senate.

Ferguson will meet on Tuesday with the internal economy committee. The meeting comes a week after the upper house voted to call in the auditor to conduct a comprehensive review of Senate expenses. The chamber has been awash in scandal for months over improperly claimed expenses.

THE CANADIAN PRESS

Michael Ferguson THE CANADIAN PRESS

Takeover cancelled

Telus calls off its plan to buy Mobilicity

Telus Corp. called off its plan to buy small wireless provider Mobilicity on Monday after Ottawa signalled last week that it would not allow the deal.

Mobilicity, which has about 250,000 customers, said it will instead go ahead with a recapitalization plan, which will be voted on by debt holders on June 25.

"The company will continue to provide updates as warranted," Mobilicity said in a brief statement.

Telus had offered to pay $380 million for Mobilicity, but its deal required the federal government to make an exception to certain rules.

However, Industry Minister Christian Paradis quashed that idea last week when he said the current rules would stand.

THE CANADIAN PRESS

U.K.

Six men sentenced to almost 20 years in failed terror plot

Six British men inspired by Islamic extremist material were sentenced Monday to almost 20 years in prison each for plotting a bomb and gun attack on a far-right rally a year ago.

The men, from the Birmingham area of England, had earlier pleaded guilty to planning an attack on the anti-immigrant English Defence League.

The plot failed when they arrived after the rally ended. They were caught by chance after a car was impounded for insurance violation. The vehicle contained guns, a homemade bomb and other weapons.

Judge Nicholas Hilliard said the suspects had intended to cause serious injuries and possibly deaths.

He said the men had immersed themselves in a "tide of apparently freely available extremist material." THE ASSOCIATED PRESS

Ailing Mandela called an 'extraordinary gift'

Serious but stable. Desmond Tutu's foundation calls South Africa's former president the 'beloved father of our nation'

Nelson Mandela was in serious but stable condition in a Pretoria hospital for the third day Monday with a lung infection, and a foundation led by retired archbishop Desmond Tutu described the 94-year-old anti-apartheid hero as an "extraordinary gift" to South Africa.

As family members visited South Africa's first black president in the hospital, the government announced — in only the second communication on Mandela since he was hospitalized Saturday — that his condition was "unchanged."

A statement issued for the Desmond and Leah Tutu Legacy Foundation described Mandela as "the beloved father of our nation" and offered prayers for a man seen by many around the world as a symbol of reconciliation because of his peacemaking role when white racist rule ended in South Africa.

Mandela "once again endures the ravages of time in hospital," said the Cape Town-based foundation, which was founded by Tutu and his wife, Leah, to promote peace. "We offer our thanks to God for the extraordinary gift of Mr. Mandela, and wish his family strength."

Tutu, 81, was also a vigorous campaigner against apartheid, which ended when all-race elections were held in 1994 and Mandela was elected president. Like Mandela, Tutu was awarded the Nobel Peace Prize for his efforts on behalf of compatriots. Mandela shared his prize with F.W. de Klerk, the last president of the apartheid era.

"We send our blessings to the doctors and nurses responsible for his care," Tutu's foundation said.

On April 29, state television broadcast footage of a visit to Mandela's home by President Jacob Zuma and other ANC leaders. Zuma said then that Mandela was in good shape, but the footage — the first public images of Mandela in nearly a year — showed him silent and unresponsive, even when Zuma tried to hold his hand.

Some South Africans said that showing images of a clearly ill Mandela was inappropriate and appeared to reflect an attempt by the ruling party to benefit politically from its association with Mandela in the run-up to national elections next year.

THE ASSOCIATED PRESS

'Ravages of time'

Mandela has been hospitalized several times in recent months.

- He has been particularly vulnerable to respiratory problems since contracting tuberculosis during 27 years as a prisoner of the government, the bulk of which was spent on Robben Island, off the coast of Cape Town, where Mandela spent part of the time toiling in a stone quarry.

A boy stands in front of a mural of former South African president Nelson Mandela in Johannesburg on Monday. Mandela was in serious but stable condition in a Pretoria hospital for the third day with a recurring lung infection. THEMBA HADEBE/THE ASSOCIATED PRESS

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5 Latest developments in the U.S. snooping story

The Obama administration faced fresh anger Monday at home and abroad over U.S. spy programs that track phone and Internet messages around the world in the hope of thwarting terrorist threats. But a senior intelligence official said there are no plans to end the secretive surveillance systems.

Snowden holds on in Hong Kong

An apparent international cat-and-mouse game was also in play, Monday. Edward Snowden, 29, stepped forward over the weekend as the source of leaks to Britain's The Guardian and the Washington Post about the U.S. government's monitoring of cellphone logs and Web servers.

Hong Kong, a former British colony returned to China in 1997, has an extradition treaty with the United States. But China has the ultimate say over extradition requests in cases where the country's foreign interests could be at stake.

Snowden said he chose Hong Kong because of its "strong tradition of free speech."

"The only thing I can do is sit here and hope the Hong Kong government does not deport me," Snowden told The Guardian.

THE ASSOCIATED PRESS

Edward Snowden THE GUARDIAN

Iceland — asylum paradise?

From seafaring Vikings to digital dissenters, Iceland has always attracted outsiders.

This North Atlantic island nation has welcomed eccentric chess master Bobby Fischer, WikiLeaks secret-spiller Julian Assange and the online freedom advocates of the Pirate Party. Could its next guest be Snowden?

In an interview published Sunday outing himself as the source behind stories about the U.S. spy agency's online surveillance programs, Snowden floated the idea of heading to Reykjavik. He told The Guardian newspaper that he was inclined to seek asylum in a country that shared his values — and "the nation that most encompasses this is Iceland." THE ASSOCIATED PRESS

Chinese cyber-security

Cyber-security was one of the main topics during the informal summit this weekend between Chinese leader Xi Jinping and U.S. President Barack Obama at an estate in the California desert where they also sought to build a personal relationship. But Snowden's presence in Hong Kong has already dragged China into what would have been a domestic issue for the United States. "It's going to be seen by both sides as an unwelcome distraction," said Jean-Pierre Cabestan, a China politics expert at the Hong Kong Baptist University. "This comes at a delicate time because of the Xi-Obama summit and the much bigger issues that both countries have to tackle and both governments and presidents have to discuss." THE ASSOCIATED PRESS

International backlash

Germany's chancellor will raise the issue of the U.S. National Security Agency's (NSA) eavesdropping on European communications when she meets Obama in Berlin next week — the latest sign of the international backlash over America's sweeping electronic surveillance programs.

Obama has defended the once-secret programs that sweep up to an estimated three billion phone calls a day and amass Internet data from U.S. providers, saying they are a necessary defence against terrorism. He assured Americans on Friday that "nobody is listening to your telephone calls." That has given little assurance to Germans and other foreigners, who routinely use U.S.-based Internet sites for voice and data communications. European nations often have much stricter privacy laws than those in the U.S., and their citizens defend those privacy rights with more vigour.

THE ASSOCIATED PRESS

Canada's privacy watchdog weighs in

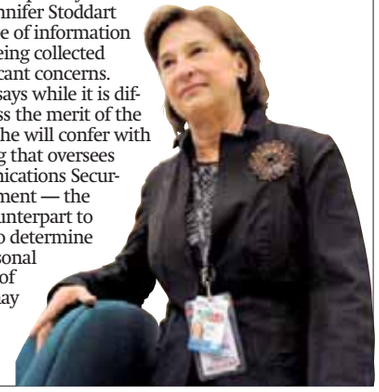
The federal privacy watchdog says she will look into any implications for Canada posed by possible U.S. government snooping on a wide scale.

The issue of data privacy is generating debate in federal circles following revelations NSA has been tapping into the information banks of American Internet giants.

The office of privacy commissioner Jennifer Stoddart says the scope of information reportedly being collected raises significant concerns.

Stoddart says while it is difficult to assess the merit of the allegations, she will confer with the watchdog that oversees the Communications Security Establishment — the Canadian counterpart to the NSA — to determine how the personal information of Canadians may be affected.

THE CANADIAN PRESS



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Nuclear liability. Feds propose raising cap to $1B from $75M

Nuclear operators will face a liability ceiling of $1 billion, up from the current $75 million that has stood for four decades, under proposed new federal legislation.

The change is expected next fall when Parliament resumes following the summer break, Natural Resources Minister Joe Oliver told a nuclear conference on Monday.

Nuclear operators will still be exclusively liable for nuclear damage, with no need to prove fault.

Canada also plans to join the International Atomic Energy Agency's convention on supplementary compensation for nuclear damage, which would add another $450 million to the compensation pool by drawing on additional funds from member countries, said Oliver.

Environmentalists want unlimited liability, but nuclear proponents say that would encourage a company involved in an accident to declare bankruptcy and walk away, leaving governments on the hook. THE CANADIAN PRESS

Public service

New sick leave policies on the way

The federal government wants to revamp its sick leave and disability policies for the public service in an effort to reduce high levels of absenteeism.

A new short-term disability program would replace the present system of banked sick days, Treasury Board President Tony Clement told a news conference Monday.

The existing long-term disability program, which kicks in after 13 weeks of illness, would also be changed to address the problems of the modern workplace, he added. THE CANADIAN PRESS

Star astronaut to keep his feet firmly on Earth

Canadian Space Agency. Chris Hadfield announces retirement, looks forward to 'the next phase of life'

Chris Hadfield has announced he's retiring from the space program and moving back to Canada after decades away from home.

The famous astronaut announced Monday that he is leaving the Canadian Space Agency next month, and will also be leaving behind his longtime home of Houston, Texas, where he built his career as an astronaut.

"(I'll be) making good on a promise I made my wife nearly 30 years ago — that yes, eventually, we would be moving back to Canada," Hadfield said during a news conference at the Canadian agency's headquarters near Montreal.

Win some, lose some
5%
Hadfield says he's lost up to five per cent of his bone density in some areas. But, because he exercised two hours a day while in space, he's able to bench-press more than he used to.

Canadian astronaut Chris Hadfield speaks at a news conference in Longueuil, Que., Monday, where he announced his plans to retire from the Canadian Space Agency. PAUL CHIASSON/THE CANADIAN PRESS

"I'm looking forward to the next phase of life."

He said he's ready to pursue private interests, outside government.

Hadfield said he hasn't decided what he will do next, but plans to do presentations on space while reflecting over the coming year on his next move.

Hadfield gained international prominence during his recent six-month trip to the International Space Station, where he used social media to share experiments, photographs and even a memorable music video. THE CANADIAN PRESS

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Alcohol ads influencing teen girls, journal says

Risks of drinking. Health warnings should be put in ads, editorial argues

The Canadian Medical Association Journal is raising concerns about alcohol advertising, saying young girls are being influenced by the ads the industry says are aimed at young women.

The editorial in this week's issue of the journal calls for health warnings to be embedded in alcohol ads so that young girls understand the risks of drinking.

Dr. Ken Flegel, author of the editorial, said studies from the United States show that adolescent girls see about 68 per cent of alcohol advertisements aimed at young women, where drinking-aged women see about one-quarter of the ads.

"They spend more time on the Net, they spend more time watching television, they spend more time flipping through magazines," Flegel, a senior associate editor responsible for research at the journal, said of adolescent girls.

Flegel also said parents should model responsible alcohol consumption for their children. THE CANADIAN PRESS

Understanding risks

- The editorial said girls need to understand that drinking increases their risk of a number of health conditions, including breast and other cancers. Other female-specific risks include unwanted sex and pregnancy as well as being subjected to violence.

Teenage girls prepare a beer bong prior to a concert in this file photo. An editorial in the Canadian Medical Association Journal says alcohol advertising aimed at young women is more likely to be viewed by young girls. GETTY IMAGES FILE

Unhappy shareholders.

Walmart vote tally shows dissent against executives

Walmart's final shareholder vote for its board of directors showed another year of dissent against key executives and directors, including its CEO Mike Duke, as the company deals with the fallout from overseas bribery allegations.

All of the 14 firm's nominees were re-elected at the annual shareholders' meeting Friday.

But the dissent shows the firm continues to be distracted by concerns about its handling of bribery allegations that surfaced last year at its Mexican unit.

According to results released Monday, 12.1 per cent of the 3.29 billion shares were voted against re-election of Duke to the board. THE ASSOCIATED PRESS

Transition

Lululemon starts search for new CEO

Lululemon will begin looking for a new leader as chief executive Christine Day announced she is leaving the company. Day, who offered little explanation for her departure, said she will remain while the board searches for a new CEO. This year, Lululemon had to pull its black Luon yoga pants from store shelves for being too sheer. THE CANADIAN PRESS

Market Minute

DOLLAR 98.14¢ (+0.08¢)

TSX 12,382.67 (+9.37)

OIL $95.77 US (-26¢)

GOLD $1,386 US (+$3)

Natural gas: $3.80 US (-3¢)
Dow Jones: 15,238.59 (-9.53)

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WHY THE #@$% CAN'T I SWEAR?

SHE SAYS

Jessica Napier
metronews.ca

Last Sunday, like every Sunday before that, my boyfriend and I went for brunch. Halfway through our meal, a neighbouring diner interrupted our conversation to reprimand us for using foul language in close proximity to his daughter who looked to be about 11-years-old and had surely heard these common curse words before.

I hadn't even been conscious of the tone of our discussion up until that point. We weren't cussing like a couple of drunken sailors; we'd perhaps let a few relatively harmless obscenities slip into our casual conversation about bedroom furniture.

Even though we both agreed the overreacting dad was being unreasonable, I glared at my boyfriend to encourage him to let it go — because it would have been even more uncivilized to get into a full-blown confrontation over our $18 eggs benedict.

After we left the restaurant we got into a discussion about parenting and whether or not we should feel obligated to watch our mouths around other people's offspring. I know there are certain times when conversations shouldn't steer into R-rated territory, but this wasn't one of those situations. It was 1:30 in the afternoon and the table next to us was enjoying their third round of mimosas; it wasn't exactly Chuck E. Cheese's.

Swearwords are usually employed out of laziness. There's almost always a more eloquent and imaginative way to get your point across, but sometimes we can't help ourselves. If you've ever stubbed your toe or gotten a parking ticket two minutes after your time expired you'd be forgiven for letting out a reactionary expletive. My parents were never the type to wash my mouth out with soap (perhaps that's obvious at this point) so I've never thought it was all that taboo to pepper conversations with emphatic vulgarities from time to time.

Like all forms of language, obscenities are cultural constructs that have a tendency to evolve over time. I don't deny that using profanity can be derogatory and offensive at times, but it's important to remember that there's nothing inherently evil about a collection of arbitrary syllables. It's not the words themselves that are immoral; it's how we use swearwords that give them their power to offend.

So while running a foul mouth in public might be in poor taste, I have to wonder if it's really all that damaging for young ones to overhear the F-word while enjoying a plate of French toast. I respect everyone's right to make their own parenting decisions, but it's a bit futile to try and shield your children entirely from the colourful language of everyday life in a big city.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Duck's swan song in Hong Kong

IMAGINECHINA/REX FEATURES

Famous rubber duck leaves town

Thousands turned out to bid farewell to a giant inflatable rubber duck that has captivated Hong Kong.

The southern Chinese city has taken the 16.5-metre duck, created by Dutch artist Florentijn Hofman, to its heart since it arrived at the beginning of May. The duck is now headed to Pittsburgh.

Hong Kong has been in the grip of duck mania for the 40 or so days the rubber duck was docked at the harbour. Stalls and shops sold merchandise ranging from T-shirts to duck tote bags. Restaurants created special duck dishes.

"I hope that it can bring happiness to the people in the different countries it visits," said 30-year-old Hong Kong resident Sam Tsang. METRO

Quoted

"The friendly, floating rubber duck has healing properties: It can relieve tensions as well as define them. The rubber duck is soft, friendly and suitable for all ages!"

Florentijn Hofman
Dutch conceptual artist

Florentijn Hofman's floating duck sculpture arrived in Hong Kong's Victoria Harbour with much fanfare on May 2. GETTY IMAGES

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

GETTY IMAGES

The pending launch of the Xbox One and the PS4 have made the annual video game frenzy of E3 a little frothier than usual. Follow these sites for the goods on all the reveals, previews and cynical snark as it happens.

Polygon:
One of the Internet's slickest sites is happily backed up by a talented group of clever writers, many of whom have joined the E3 swarm in Los Angeles. (polygon.com)

The Escapist:
An all-purpose entertainment and culture site, Escapist is also the soapbox for curmudgeons like Jim Stirling who can always be depended on to gleefully skewer the plentiful marketing speak. (escapistmagazine.com)

Joystiq :
AOL's top gaming portal has been around forever, and sometimes that age shows. But if you're looking for a robust roundup of the day's events you can absorb with a glance, Joystiq is about as reliable as it gets. (joystiq.com)

Twitter

Hopefully they retweet!

@metropicks asked: It was reported NSA collects data from your web activity and cell use. Why do or don't you care?

@PetRideHalifax: well, since 99% of what I do is to promote my business I really don't care what NSA does.

@laurafabulous: they can look at all the redtube videos I've watched and read all my sexts. I'm not ashamed!

Follow @metropicks and take part in our daily poll.

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Joan and Melissa Rivers continue to sound off on fashion faux pas on their show Fashion Police. THE ASSOCIATED PRESS

Joan Rivers turns 80, plans to work 'forever'

No fashion fogey.
Show biz veteran talks about her decision to do Fashion Police and the snark that keeps her young

"I'm having a great time," Joan Rivers crows before offering a brisk self-appraisal: "Everything is working; my mind is fine.

"The only time I play the age card is on planes when I'm trying to put a bag above the seat: 'I am 80 years old! Would someone PLEASE help me?!'"

Actually, she only turned 80 on Saturday, a milestone that has prompted the E! network to stage a Joan Rivers "takeover." Its regular one-hour edition of Fashion Police (airing Friday at 10 p.m. EDT) will be a black-tie birthday salute, preceded nightly through Thursday by special half-hours (at 10:30 p.m. EDT) featuring guest appearances by celebrities and even victims of past fashion slams.

This means frequent-flier Rivers would soon be back on a plane for Los Angeles to tape this five-day marathon while she marvels at the success of Fashion Police, which, since premiering three years ago has only tightened its grip in entertainment culture as a wicked hybrid of style and snark.

Rivers is well-served by her co-hosts Giuliana Rancic, Kelly Osbourne and George Kotsiopoulos, all of whom can deliver shrewd analysis as well as piercing gibes at red-carpet infractions.

But Fashion Police is perfectly tailored to the comedic skills of Rivers, as demonstrated by her 46-years-and-counting in show biz.

Hear her hail Uma Thurman, sheathed in Versace at the Cannes Film Festival: "This gown is so feminine, so silver — it's the Anderson Cooper of dresses!"

Hear her skewer a baggy, dizzyingly hued Alexander McQueen jumpsuit worn by actress Marion Cotillard at a Crash Magazine party: "The pattern looks like Precious sat on somebody's butterfly collection."

Sure, it's Police brutality, but Rivers and her "Joan Rangers" are never less than arresting.

At first, Rivers resisted the urge to do the show.

"I remember, I was in Vegas on a treadmill — cause you STILL try! — saying to my agent and (daughter) Melissa, 'cause Melissa's exec-producing, 'You're crazy! I'm not gonna do this! I'm not gonna commute!"'

Her mind was changed.

"We do the jokes, and we tell the truth, too," Rivers sums up proudly. "E! told me, 'Whatever you want to say, you say.' We're having so much fun! And our lawyers are so dear."

How long does she plan to keep working?

"Forever," says Rivers. This time, she's not joking.

THE ASSOCIATED PRESS

Comedy

This is the End

Directors. Evan Goldberg and Seth Rogen

Stars. James Franco, Seth Rogen, Jay Baruchel, Jonah Hill

●●●●○

The cast of the films of Rogen and Goldberg's past find themselves stuck in Franco's fortified Hollywood mansion during the rapture. The actors, forsaken by God, find themselves with a respectable stash of food, booze, drugs and porno mags to help pass the time as they hide out from Satan. But as time goes by, the food and water dwindles and the friends begin to turn on each other. Based on a short from 2007 called Jay and Seth vs. The Apocalypse, Rogen and Goldberg have cobbled together a comic gem in This is the End. There's plenty of cameos from some of Hollywood's biggest names, all who seem intent on one-upping each other in the self-deprecation department. And while the last few Rogen-backed comedies have felt a little stale, this one is as fresh and fun as Pineapple Express — complete with a camcorder-filmed Pineapple Express sequel.

LIZ BROWN

Comedy

This is the End

Directors. Seth Rogen and Evan Goldberg

Stars. James Franco, Seth Rogen, Jay Baruchel, Jonah Hill

●●●○○

The yellow brick road is littered not just with potholes (as we alarmingly learn in Oz the Great and Powerful), but also the broken bones of previous attempts to reconjure the magic of Victor Fleming's 1939 classic film and the source Oz novels by L. Frank Baum. But this return trip to the Emerald City makes a relatively safe landing — perhaps too safe for fans of director Sam Raimi's Evil Dead and Spider-Man franchises, which played with genre expectations. It's both a strength and a weakness of Oz the Great and Powerful to be a true prequel, one that foregrounds James Franco as the wizard but otherwise doesn't monkey too much with Oz mythology or the 1939 movie that everybody has seen. The story is constructed with monochrome-to-colour transitions and Kansas-to-Oz character links that follow a familiar path.

PETER HOWELL

Hansel and Gretel: Witch Hunters

Director. Tommy Wirkola

Stars. Jeremy Renner, Gemma Arterton

●●○○○

Once you get past the mildly amusing idea of a grown-up Hansel (Jeremy Renner) and Gretel (Gemma Arterton) seeking violent payback for childhood trauma, the joke gets old very quickly. You see one exploded head or bullet-ridden hag, you've seen 'em all. The film isn't funny enough for comedy or scary enough for horror, and the anachronisms are ludicrous. The story is set in a medieval European village, but Hansel packs a machine gun and also takes insulin jabs for the sugar addiction forced upon him by an evil witch.

PETER HOWELL

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OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Go to heel: Sarah gets her foot in the shoe biz door

THE WORD
Dorothy Robinson
scene@metronews.ca

Watch out Ivanka Trump, Rachel Bilson, Halle Berry, Fergie, Jessica Simpson, Santana and the seemingly endless list of celebrities who have a shoe line — Sarah Jessica Parker is stepping into the business.

The actress, who famously portrayed the shoe-obsessed Carrie Bradshaw in Sex and the City, is launching her own line of footwear, trenches and purses called SJP. The line will be available next year at Nordstrom. According to Vogue, she is teaming up with George Malkemus, the longtime CEO at Manolo Blahnik for the line, because she is basically going to milk the character of Carrie Bradshaw until there isn't a drop left. As for the SJP line, "It's sort of soup to nuts," she tells the magazine.

"You put on a shoe and you put on a coat and you wear a bag and, on the outside, when you're walking down the street, they really can tell the same story about yourself."

And that story is: You have a lot of money (or at least a high credit line) as the shoes will range from $200 to $300, and bags will likely sell for around $700.

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Hold your breath and dive in, it's yoga for you swimmers

Summer trend. Glide your way through the water with this yoga sequence dedicated to swimmers

ROMINA McGUINNESS
life@metronews.ca

Are you into looking good at the pool? You'll need more than a hot swimsuit.

"If you want to improve your swimming technique and stamina, all you're going to need is a flexible spine, a strong core and lung capacity," says Sophie Lewis, yoga teacher at London's Triyoga Studio and personal trainer to elite triathletes. "A regular yoga practice will help develop all these things and enable you to move more effectively through any medium — water or air."

Here's how:

She gets a 10 out of 10 for effort. WSPORTS CONCEPTS

It strengthens your core, helping you push forward more powerfully in the water.

"If you just rely on your shoulder or your upper arm strength, you're going to fatigue very quickly," says Lewis. "But if you find your strength from your centre, that's a much better platform for stamina and you'll be able to keep going for long periods of time. Just imagine you're swimming in a smartie tube and you want to contain everything into that tube. Drawing your navel centre in and getting the power to push out from your core really helps," she explains.

It deepens and lengthens breath

"As a swimmer, you want to increase your lung capacity. But once you hit the cold water, the tendency is to panic," says Lewis.

"Breath becomes shallow and doesn't go all the way down to the belly. Alternate nostril breathing maximizes the flow of breath through both nostrils equally. This is good preparation for bilateral breathing (lifting the head alternately right then left out of the water to breath) and a vital warm up for the lungs."

Get started

Sophie Lewis' pre-pool warm up

"To warm up the shoulder girdle and prepare the body for the swimming action, get into revolved triangle. Then circle the raised arm, reaching forward alongside your face to open the side flank (the fleshy part of the side between the ribs and the hip). Let your arm fall in front of your chest, circling it back to the hip and up to sky."

YOGA FOR SWIMMERS SEQUENCE

Puppy Dog

Start on all fours with your knees hip-width apart and hands shoulder-width apart. Stack your hips above your knees and walk your arms out in front of you. Hug the upper outer arms in and press into your palms.

Cow face arms with strap

Begin seated, with both knees bent and both feet flat on the floor. Lower your right knee, then drag your right foot under your left knee and next to your left hip. Lay your left leg on top of your right leg and put your left foot by your right hip so your legs mirror one another. Reach your left arm straight up and drop your right arm down. Bend both elbows, swinging the right hand up your spine until you can clasp your hands behind your back. Use a strap if you cannot reach your other hand.

Half moon with a block

Start with legs a few feet apart, one in front of the other. Gaze downward and bend your front knee as you extend your front arm, bringing your fingertips to rest on the front of your toes. Lift your rear leg up until it is parallel with the floor. Straighten your front leg and draw your left glute inward to open your hips. Lift your top arm straight up and stack your shoulders. Move your gaze upward to further challenge your balance. Repeat on the opposite side.

Revolved triangle with a block

Stand with your feet hip distance apart. Step back one leg length with your left leg and turn your left foot outward 45 degrees, aligning your heels. Square your hips forward and place your right hand on your hip. Lift your left arm up into full extension and lean forward, keeping your back flat and arm reaching straight out in front of you. Place your left hand on the floor at the outer edge of your front foot. Extend your chest, and then press your left hand into the floor to spiral your chest open. Extend your right arm straight toward the ceiling. Stack your shoulders and gaze upwards.

Repeat on the opposite side.

Double pigeon with a block

Begin in comfortable seat. Stack your right lower leg on top of your left so your right heel rests on your thigh directly above your left knee, while your right knee is stacked on top of your flexed right foot. Sit up tall and hold for eight breaths. Repeat on the opposite side.

Reclined bound angle

Begin on your back, with your knees bent wide and the soles of your feet together. Bring your heels as close to your pelvis as you comfortably can. Lift your chest and draw your shoulder blades down your back to lengthen your neck. Take your arms wide with your palms facing up.

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Look good, feel good

Prenatal yoga. Just because you're a mom-to-be doesn't mean you have to slow down your healthy, workout lifestyle

ALISON BOWEN
Metro World News

Embrace your baby bump. ISTOCK PHOTO

After advising countless pregnant clients, Kristin McGee is now able to take her own advice.

The celebrity trainer is expecting her first baby in July, and she is keeping fit to feel healthy throughout her own pregnancy.

"Don't be afraid to be a sexy mom," she advises moms-to-be. "Know you can still rock cute outfits that hug your curves. Don't hide in baggy clothes."

Prenatal yoga has helped, she says — it's specifically structured with poses that fight the discomforts of pregnancy and highlight relaxation and breathing exercises to cut stress. But avoid deep twists like a seated spinal twist, she cautions.

McGee gave Metro three tips on keeping healthy during pregnancy.

Keep moving.

"You may feel tired, nauseous, low energy throughout your pregnancy, but I promise moving even just in small amounts helps beat fatigue, combat nausea and boost energy."

Do some yoga

"I've continued my practice, and I swear it's helped me not only feel better physically but also mentally. It's also helped me really bond with my body as it changes and my baby as he grows inside of me."

Drink lots and lots of water. Lots.

"This one is hard because the trips to the bathroom become more and more frequent, but it's super important to stay hydrated. Get some naturally flavoured waters like Hint or make a big pitcher and add lemons, oranges, cucumbers and berries to it. I drink a lot of caffeine-free teas that are safe during pregnancy.

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Whey Better Protein by: Shannon Kadlovski, BA, CNP

When it comes to choosing a protein powder, not all things are created equal. For athletes, as well as for those simply looking to increase their daily protein intake, it is often recommended to consume a daily protein smoothie. This provides increased energy, muscle repair, appetite control, and nourishment to the body. While it is common to consume protein powders for increased health, not all protein powders contain healthy, nourishing ingredients. In fact, some are actually loaded with added sugar, artificial sweeteners, fillers, GMOs, hormones and antibiotics, as well as other artificial and unhealthy ingredients. So, if your intention is to get healthy or stay healthy, you must make sure that you are choosing the right type of protein powder.

When Choosing a Whey Protein Powder Consider These 4 Tips:

1. Choose New Zealand Whey – It is the cleanest and purest whey available. The New Zealand Dairy industry has incredibly high standards for product safety and the humane treatment of their cows. Their cows are never injected with growth hormones, antibiotics, genetically modified organisms, or any other chemicals.

2. Choose a brand with added enzymes such as protease, lactase and amylase – These enzymes help to make the protein more digestible.

3. Choose one that is cold temperature micro-filtered.This ensures the highest quality and biological value.

4. Choose an all-natural brand, free of artificial flavours and artificial colors.

Absolute Smoothie Recipe

1 cup water or coconut water
1 scoop of Absolute Whey protein powder (or 2 tbsp.)
1 tbsp. chia seeds
¼ tsp. matcha green tea powder or ¼ tsp. spirulina powder
½ cup fresh blueberries
½ banana
¼ tsp. cinnamon
handful of kale
* Toss all of the ingredients into a blender and blend until smooth and creamy

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The next stage in my life.
I wanted to let you know I have not even finished my first bottle of Menopause and already I have had amazing results. After about two weeks I saw a decrease in hot flashes and now in the final week of my bottle I have had a great reduction in the number and severity of the hot flash. I cannot thank you enough for this product.
Kerry Baker, BC
This product is a miracle!! I have been experiencing interrupted sleep for years due to peri-menopause. After only 1 week I am sawing logs. THANK-YOU!
Merci, Pam
When I started taking Menopause I was having 15-20 hot flashes per day and within two weeks they were reduced to two during the night and maybe two during the day. Your product is amazing and taking only one a day is very convenient. Thanks for making my menopausal days that much easier.
Diane Lindsay, Picton, ON
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Just a teaspoon full of orange rind helps the stir-fry to wow

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

This great tasting Orange and Pineapple Chicken Stir-fry can be prepped early in the day.

Add a teaspoon of grated orange rind to the sauce for extra flavour.

1. Cook noodles in boiling water according to package instructions or until firm to bite. Drain and place in serving bow.

2. In nonstick skillet sprayed with vegetable spray, sauté chicken just until it is browned but not cooked through. Remove chicken and set aside.

3. Sauce: In bowl combine sugar, stock, orange juice, cornstarch, soya sauce, sesame oil, garlic and ginger. Mix. Set aside.

4. In skillet, heat oil; sauté asparagus and red peppers just until barely tender, approximately 2 minutes. Add corn, water chestnuts, pineapple pieces, sauce and chicken. Cook just until chicken is no longer pink and sauce has thickened slightly, approximately 2 minutes, stirring constantly. Add mandarin oranges. Pour over pasta and toss. ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE) BY ROSE REISMAN

This recipe serves six. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE)

Ingredients

- 10 oz whole wheat Isoba noodles
- 10 oz skinless, boneless chicken breast, thinly sliced

Sauce

- 3 tbsp brown sugar
- 1 cup chicken stock
- 1/3 cup orange juice
- 1 1/2 tbsp cornstarch
- 2 tbsp soya sauce
- 2 tbsp sesame oil
- 1 1/2 tsp each crushed garlic and ginger root

- 2 tsp vegetable oil
- 1 1/2 cups chopped asparagus
- 1 cup sliced red peppers
- 1 cup chopped baby corn
- 3/4 cup sliced water chest nuts
- 1 cup pineapple pieces
- 3/4 cup mandarin oranges

Best Health

Sunshine, lollipops and ... allergies?

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Can you be allergic to sunshine?

Yes, but a true sun allergy— called solar urticaria — is very rare, affecting an estimated 0.5 per cent of people.

"Some 10 per cent of the world's population might have a skin reaction when exposed to the sun," says Dr. Gordon Searles, a dermatologist and president of the Canadian Dermatology Association in the latest issue of Best Health magazine, on newsstands now.

And we're not talking about sunburn here.

The reactions can be broken down into two types: sun allergy and sun sensitivity.

"People with an allergy will break out in hives when exposed to the sun, in the same way that someone who is allergic to shellfish would break out in hives," Searles says.

The reaction is very quick, and the way to treat it is to avoid the sun. But unlike other allergies, it's not life-threatening — just uncomfortable.

Sun sensitivity, on the other hand, is far more common.

It's characterized by little red itchy bumps or patches of redness like a rash, and the reaction is delayed.

It doesn't happen until later in the day or even the day after sun exposure and it can look like an exaggerated sunburn, says Searles.

While some sun sensitivities can be a side effect of certain medications, the most common cause is called polymorphous light eruption, which is an internal immune system reaction to sun exposure.

TO CLAIM YOUR FREE COPY OF A FUTURE ISSUE OF BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA/METRONEWS.

The reaction to sun allergy is almost immediate. ISTOCK PHOTOS

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SLEEP TIGHT

LANALANGLOIS/VEER

STUDIES SHOW THAT SLEEP IS VERY IMPORTANT TO GOOD HEALTH

One of Canada's top sleep experts appreciates the importance of a good night's sleep.

"The more research we do, the clearer it becomes that sleep is incredibly important to good health," says Joseph De Koninck, PhD.

For more than 30 years, De Koninck has taught psychology students and run a two-bedroom sleep laboratory at the University of Ottawa. During the course of his career, researchers from around the world have established ever stronger links between sleep and health. And he worries that the growing pressures of the modern age — careers that require round-the-clock availability — will affect the long-term sleep patterns of Canadians.

People with poor sleep habits are at greater risk for a number of chronic conditions, including obesity, diabetes and heart disease. Sleep deprivation also impairs memory and judgment, increasing the risk of traffic accidents and work mishaps, and often leads to problems in interpersonal relationships.

Researchers continue to uncover exactly how sound sleep contributes to health. One mechanism involves the regulation of hormones. When we sleep, our bodies secrete hormones that help to control appetite and metabolism. When we don't get enough sleep, our bodies produce extra cortisol, often described as the "stress hormone," and insulin, the hormone that regulates glucose processing and promotes fat storage. As a result, poor sleep can make us feel hungry even though we have had enough to eat, and leave us too tired to exercise off the extra calories.

Since insufficient sleep influences the way we process glucose — the high-energy carbohydrate that cells use for fuel — it may also play a role in type 2 diabetes, a chronic condition increasingly prevalent in Canada.

There is also research to suggest that even a single night of inadequate sleep can increase the effects of hypertension. One study found that people with hypertension who have a poor night's sleep experience elevated blood pressure throughout the next day.

Given all the risks associated with poor sleep habits, it should come as no surprise that people who don't sleep well tend to have shorter lives. Data from three studies revealed that averaging five hours or less of sleep per night shortened life expectancy by approximately 15 per cent. *– Peter Boyle*

YOU'LL BE DREAMING IN NO TIME

AREKMALANG/VEER

DGMATA/VEER

MOCKER/VEER

Follow these tips to fall into dream land..

1 A cup of warm milk. Sometimes, those old wives' tales ring true. Milk contains tryptophan, an amino acid that can make you drowsy.

2 A hot bath. For many children, a nice relaxing soak in the tub is a pre-bed ritual. If it worked when you were a child, it might work now that you are (pretty much) all grown up.

3 Choose your evening drinks wisely. For many people, caffeine after dinner is a real no-no. Choose decaffeinated coffee, tea and pop or avoid them altogether, along with chocolate. And while alcohol can make you drowsy, drinking too much interferes with sleep.

4 Stick to a schedule. Make a point of going to bed and getting up at about the same time each day. Most bodies thrive on routine.

5 Stretch it out. Slow, gentle stretches accompanied by easy, deep breathing works wonders for many people. Although vigorous exercise might leave you awake, low-intensity yoga can be a great way to de-stress at the end of the day.

6 Massage. I'll rub your back if you rub mine. A few minutes of massage will not only promote sleep, it will also do wonders for your relationship. For the full effect, add a drop of soothing aromatherapy oil (lavender and chamomile scents are especially calming).

7 Get rid of distractions. Your bedroom should be for sleeping, dressing and sex — no laptops, iPads, television or other distractions allowed. Put some physical distance between the place where you sleep and the places where you live the rest of your life.

8 Create an ideal sleep environment. Do whatever you need to promote sleep — if the morning sun bothers you, get thicker curtains or blinds; if noise bothers you, close doors and windows or add sound insulation.

9 Invest in a good-quality mattress. Given that mattresses last 10 to 12 years, don't be afraid to spend $1,000 on one that you find comfortable.

10 Free your mind. Once you close your eyes, allow your mind to wander freely; avoid judging or guiding whatever thoughts come up. You will be dreaming in no time.

– Peter Boyle

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VICKS®

Follow the bride's request

She won't be upset if she doesn't have a bachelorette

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Hi Charles,
When my best friend asked me to be her maid of honour at her wedding, she pointedly stated that she did not want nor did she expect to have a bachelorette party. She told me that she had been to such parties in the past (complete with male strippers and nearly invisible lingerie) that have turned her off of the whole affair. She mentioned a few months later that she and her husband-to-be wanted to organize a Jack and Jill type celebration for the wedding party. She has never been the type to say one thing and expect another.
Nevertheless, my co-workers insist that I am obligated to organize a separate celebration just for the girls or else I will forever regret not giving her that special moment.
What do I do?
Thank you, Michelle

Dear Michelle,
I am confident that I would absolutely follow the bride's request.

Personally I have never been one to agree with nor enjoy surprise parties and I think that putting people on the spot is not an enjoyable way to start an evening.

First and foremost you are not obligated to organize anything the bride has asked you not to do.

Now if you want, you can always suggest a low-key party, like afternoon tea or drinks and dinner at a restaurant.

That way, the bride will be able to celebrate with the girls in a way that doesn't make her uncomfortable. After all, you don't need strippers and nearly invisible lingerie to have a good time. Stick to your gut feelings as it appears you are on the right track!

The wedding dress whisperer

Bride comes first.
Randy Fenoli is on a mission to make every girl's dream day a reality

MEREDITH ENGEL
Metro World News in New York City

Randy Fenoli of Say Yes to the Dress and Randy to the Rescue (which just began its second season and airs Fridays on TLC) estimates that he's helped about one million brides get ready for their big day.

But being a bride's advocate never wears on the marriage maestro: "I never get tired of it," he tells us.

His dedication means that since not everyone can make it to NYC's Kleinfeld, where Fenoli consults, he takes his show on the road — literally. On Randy to the Rescue, Fenoli travels around the U.S., creating pop-up bridal salons for the betrothed and then giving them makeovers.

Legions of brides turn to Fenoli for his advice, and after speaking with him, we've come up with some reasons as to why we think that is:

He'll fight for his bride:
"I absolutely will not compromise. We were in one city working with a bridal salon and this girl came in. She showed me a picture of this dress that she had tried on, like, six states away, and she fell in love with the dress, but she was like, 'Well, I can't get this today.' You could tell this girl was in love with this dress. And the cameras are on her and the family's there, and finally she said yes to a dress. But when I walked off the set, I was like, 'I'm sorry, that is not her dress. She is not happy.' So I woke up the next morning and called every single bridal salon in, like, a three-hour radius and found the dress."

He doesn't believe in bridezillas:
"Brides want everything to be perfect, and it should be! ... I would want it to be perfect, too. You're spending how much money? You've waited how many years? You've invited how many people, we're taking how many pictures, and how many people are watching? It should be right."

Randy Fenoli fights for the brides he works with. HANDOUT

He goes beyond the dress:
"Brides come in and show their consultant a photograph. Most consultants take it literally and are like, 'OK, that's the dress you want.' I don't just look at the dress. I look at the girl in the dress and I look at the feeling (the picture evokes)."

All your money going in the gas tank?

YOUR MONEY
Alison Griffiths
money@metronews.ca

What could you do with $2,322? Well, for one thing, you could drive a small car.

The Canadian Automobile Association estimates that the average annual operating cost, including gas, oil, tires and maintenance of a small car driven 18,000 kilometres a year (in this case a Civic LX), amounts to $2,322.

For a mid-sized car (Camry LE) the tab rises to just more than $3,000. Both test cars were new, four cylinder models and the average gasoline price was pegged at $1.23 a litre.

However, right now only New Brunswick enjoys $1.23 at the pump while all the western provinces — except Alberta at around $1.27 — are well over $1.30. So much for living near the gas supply!

Add in long commutes and less fuel-efficient cars and many Canadians are paying well north of $3,500 annually for their wheels. All the more reason to use these six tips to chop gas costs by as much as 25 per cent.

Time to fill up again! But you can save some gas money by changing a few of your driving habits. ISTOCK IMAGES

1. Turn off the ignition
Idling shortens the life of engine oil by as much as 75 per cent and increases gas costs. Excessive use of the heater or air conditioner also boosts gas consumption.

2. Soft foot the pedal
Darting away from a stoplight consumes 40 per cent more fuel than easing away. It also increases emissions by 400 per cent.

3. Be a turtle
Travelling at an average speed of 100 km/h versus 120 will save 20 per cent on fuel consumption. You'll arrive in about the same time and more safely.

4. Don't skimp on maintenance
Regular tune-ups, lubrication and oil changes reduce engine wear and improve gas mileage.

5. Check the pressure
Keeping tires properly inflated improves handling and reduces wear and gas consumption — cutting up to two weeks worth of gasoline annually.

6. Lighten up
Excess weight reduces engine life and decreases gas mileage, especially for smaller cars.

Following all six recommendations could result in savings of between $580 and $750 annually, based on the CAA tests. Not bad for a few changes in driving habits.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Car culture

Number of cars per 1,000 people:

- **Canada.** 607
- **U.S.** 797

MAXIMIZE YOUR FERTILITY

MANY WAYS TO IMPROVE CHANCES OF PREGNANCY

According to 2012 Statistics Canada data, up to 16 per cent of heterosexual couples in which the woman is between 18 and 44 years of age are experiencing infertility — that's almost double since infertility was last measured in Canada in 1992.

Not surprisingly, the older the woman, the higher the prevalence of infertility. Yet difficulty conceiving is also rising among younger women, the study found. In 1984, about five per cent of couples with a female partner between 18 and 29 were infertile. By 2009-10, the prevalence for that age group ranged from seven to 13.7 per cent.

"The good news is that women and men can do many things to maximize their fertility," says Dr. Kimberly Liu, a staff physician at Toronto's Mount Sinai Centre for Fertility and Reproductive Health.

Here are six :

KNOW THAT AGE IS A FACTOR

There are many reasons why a woman might not try to get pregnant in her fertile 20s — perhaps her financial situation isn't stable or she hasn't met her partner yet. "We can't change our age, but it's important to be aware that fertility starts declining when a woman is in her mid-30s," Liu says.

TAKE FOLIC ACID

To prevent neural tube defects such as spina bifida in their baby, women should start taking 0.4 to one milligram of daily folic acid supplements two to three months before she plans to get pregnant and continue while pregnant.

QUIT SMOKING AND DRINKING

These habits affect the fertility of both women and men. "No smoking and drinking at all is advisable for optimal fertility," Liu says.

EAT PROPERLY AND EXERCISE

Having a healthy diet and being fit will help conception. "Being underweight or overweight can negatively affect fertility," Liu says.

GET LUCKY THREE TIMES A WEEK

It's more important to have regular sex than try to chart ovulation. "Sperm can stay in a women's system for up to five days," Liu says. "So if a couple has sex three times a week, a steady supply of sperm will be present."

STOP USING LUBRICANTS

They can affect motility, which is the ability of sperm to move properly toward an egg. Mineral oil and canola oil are "sperm-friendly" natural lubricants.

– Jane Doucet

MONKEY BUSINESS IMAGES/VEER

HOW A COMMON MYTH IS BORN

SEPARATING FACT FROM FICTION FOR MAKING A BABY

There are so many misconceptions about getting pregnant that it's surprising that anyone actually does. For some couples, it's an easier accomplishment than others.

According to Dr. Kimberly Liu, a staff physician at Toronto's Mount Sinai Centre for Fertility and Reproductive Health, separating fact from fiction will put you on the right path to making a baby.

Here are six common myths debunked:

1 Abstinence equals a better buildup of sperm. Some couples believe that if they only have sex once a month, the sperm will be "stored up" and they will have a better chance of conceiving. Not so. "Abstinence of more than 10 days leads to poor-quality sperm," Liu says. "It improves your chances of conceiving if you have sex about three times a week."

2 Ovulation occurs when a woman's temperature rises. In fact, basal body temperature rises (by a mere half-degree) after ovulation. The two best days to conceive are the day before and the day of ovulation. "If women wait for a rise in temperature to have sex, it's too late," Liu says.

3 Having sex on certain days will lead to a boy or girl. Believe it or not, some of Liu's patients think this is true. "There is no scientific evidence to support that."

4 Fertility problems occur only in women. Infertility affects both men and women. Men can experience low sperm count or poor sperm motility, while women could have a plethora of pregnancy-preventing conditions, such as a hormone imbalance, a cyst, fibroids or thyroid problems.

5 Healthy women in their 40s can conceive easily. While it's true that some can, many will have difficulty. "When you hear about celebrities in their mid- to late 40s who have had babies, you don't always get the full story on how they were able to conceive," Liu says. "It can give a false sense of how easy it is to get pregnant at that age."

6 It will be a cinch to a conceive again. Fertility problems can occur at any age, anytime, even if a woman has gotten pregnant easily in the past. "Many of my patients are in their 30s and had no trouble conceiving their first child," Liu says.

– Jane Doucet

GORNOSTAJ/VEER

HEALTHY MOMS LEAD TO HEALTHY BABIES

Do you love to work out, and are you also working on getting pregnant? Research reveals that women who exercise regularly and eat nutritious foods before they conceive have lower health risks for both themselves and their babies during their pregnancy.

What's more, according to The Society of Obstetricians and Gynaecologists of Canada (SOGC), women who are physically fit before they get pregnant report having fewer aches and pains and feel that they have more energy throughout their pregnancies.

The SOGC advises that pregnant women should aim for at least 30 minutes of moderate exercise (enough to make you sweat) five days a week. This will help prepare for the physical challenges of pregnancy and labour, and help maintain a healthy body mass index (BMI) during pregnancy.

If you were active for at least six months before you conceived, ask your doctor about whether it's OK for you to continue your sports or workouts safely. As you move further into your pregnancy and your body changes, you may feel mild aches and pains due to looser joints and shifting body weight. You may need to revise your fitness plan each trimester to reduce the risk of falls and limit high-impact activities.

If you weren't active previously, the SOGC advises that you "start low and go slow." Try regular brisk walking, swimming, strength training (make sure the program is tailored to pregnant women) or other low-impact activities that will strengthen your heart and lungs and tone your muscles. It's recommended that you wait until your second trimester to begin a program like this.

WONG SZE FEI/VEER

The R. Samuel McLaughlin Foundation Exercise and Pregnancy Laboratory at Western University in London, Ont., was established in 1989 to conduct research investigating the effects of exercise on the pregnant woman and her fetus.

Michelle Mottola, the lab's director, touts the benefits of exercising while pregnant on the lab's website at uwo.ca/fhs/EPL.

"What a mother eats and how active she is has a huge impact," she says. "Healthy mothers lead to healthy babies, which will then lead to healthy futures."

– Jane Doucet

PAY ATTENTION TO NUTRITION AND FITNESS

When Hollywood entertainer Jessica Simpson was pregnant with her first child, she admitted to eating lots of macaroni and cheese and buttered Pop Tarts. Indulging in those and other food cravings and not exercising led to a 60-pound weight gain before Simpson delivered daughter Maxwell in May 2012.

Simpson has proudly stated that she has only gained half that amount with her second pregnancy (she is due to deliver a boy soon). That's because, this time, she has paid attention to nutrition and fitness.

From a medical perspective, there are valid concerns about a woman who fails to properly nourish her pregnant body. Women of normal weight before getting pregnant are advised to put on between 25 to 35 pounds. Gaining more — or being overweight pre-pregnancy — can make moms more likely to develop gestational diabetes and to give birth to heavier babies who can be harder to deliver.

According to Health Canada, eating a healthy diet of lean protein, whole grains, fresh fruits and vegetables during pregnancy is one of the best things a woman can do for herself and her baby. It's important to keep in mind that the food mom eats is also baby's main source of nutrition.

Supplementing with folic acid, which helps lower the risk of neural tube defects, is also important. Although folic acid is found in some foods, women who are trying to conceive and those who have need a daily vitamin containing 400 micrograms (0.4 mg) of folic acid.

Eating well, combined with taking a daily prenatal multivitamin, can give a woman the nutrients she needs to support a healthy pregnancy.

– Jane Doucet

RECOMMENDATIONS

Health Canada offers these recommendations to ensure a healthy pregnancy:

- Follow Eating Well with Canada's Food Guide to eat the amount and type of food that is right for you and your baby.
- Have at least 150 grams of cooked fish each week. Fish contains omega-3 fatty acids and other important nutrients for pregnancy.
- How much weight you should gain depends on your body mass index.

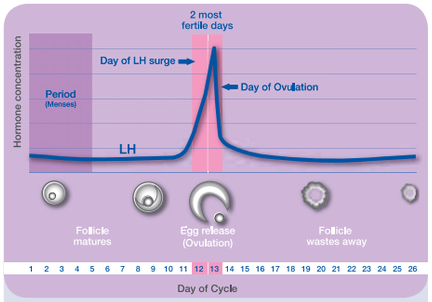
Advertisement

Is it time for a baby?

Maximize your chances by planning for success.

Nothing's more natural than getting pregnant – right? But nature can certainly take her time!

The fact is, there are only a few days each cycle – before and around ovulation – when you can actually get pregnant[1]. Since you're at your most fertile for just two of them, you need to know when those 2 days are. Yet 1 in 2 couples don't – and could be aiming for the wrong time altogether[2]. Which eventually makes trying for a baby more tiring than exciting.


2 most fertile days
Hormone concentration
Day of LH surge
Day of Ovulation
Period (Menses)
LH
Follicle matures
Egg release (Ovulation)
Follicle wastes away
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26
Day of Cycle

© 2011 SPD Swiss Precision Diagnostics GmbH. All rights reserved. Schematic of typical cycle.

As ovulation approaches there is a sudden rise in the level of Luteinising Hormone (LH) known as the LH surge. This is the key hormone that triggers ovulation and can be detected in urine. Ovulation occurs when the egg is released from the follicle into the Fallopian tube. This usually happens between the 12th and the 16th day before the next period starts. The follicle then collapses and wastes away. The day of the LH surge and the day after are the 2 most fertile days of the cycle.

So when the time is right, you'll want to give yourself the best chance of success. Fortunately, there are ways to find your fertile days – some more practical than others. You could test for changes in your basal body temperature. But since temperature only rises *after* ovulation, it's unlikely to predict fertile days in that cycle[3]. Instead, you'll need to chart it daily over several months – quite a lot of work and rather inaccurate, since every woman is unique and nearly half of all women's cycles vary by up to 7 days[4] anyway.

Luteinising hormone in your urine shows when your body is ready to release an egg.

Ovulation Tests are easier and more reliable. These identify your two most fertile days in advance, by identifying when the body is about to release an egg (or *ovulate*). And being simple urine tests that just take minutes, they're also completely natural and non-invasive.

The most effective is Clearblue Digital Ovulation Test[5], from the world's best selling brand in home pregnancy and fertility tests. It's over 99% accurate *and* the only one with easy-read Digital results – so no fuzzy lines to interpret.

Ideally, you start by recording your cycle on a calendar for one month (download one at **www.clearblue.com**). Once you know your usual cycle length, those quick daily urine tests couldn't be easier. You have seven in a pack and as soon as you get a 'smiley face', the rest is up to you and your partner!

Unique Digital results that are quick and totally clear.

LH Surge

Clearblue Digital Ovulation Test is completely natural and gives you a very effective way to find the best time to get pregnant. By taking the guesswork out of trying for a baby, it frees you to make the most of a uniquely special time.

Maximize the chances of getting pregnant, naturally.

Please read the information on pack and in the instruction leaflet prior to use.

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1 Wilcox AJ, Weinburg CR, and Baird DD. Timing of sexual intercourse in relation to ovulation. NEJM (1995) 333:1517-1521 **2** Data on file. How knowledgeable Are Women About Their Menstrual Cycle? (GfK Roper Public Affairs) **3** Stanford JB, White GL and Hatasaka H. Timing intercourse to achieve pregnancy: current evidence. ACOG (2002) 100(6):1333-1341 **4** Creinin MD, Keverline S, & Meyn LA. How regular is regular? An analysis of menstrual cycle regularity. Contraception (2004) 70: 289-292 **5** Data on file. In a study the unmistakably clear digital results gave the most accurate reading.

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*Based on Swaddlers sizes NB, 1 & 2 sales

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YOUR EMOTIONS ARE NATURAL

BUT IT'S IMPORTANT TO MONITOR YOUR MOOD SWINGS

If you are pregnant and noticing that you sob when you hear sad songs on the radio or get irritated more easily than usual it's probably nothing to worry about — but you should monitor your feelings carefully just the same.

"Depending on their circumstances, there are natural emotions women have when they get pregnant, such as being excited, happy, anxious or nervous," says Dr. Nan Schuurmans, an Edmonton-based obstetrician gynecologist and a co-author of Healthy Beginnings: Giving Your Baby the Best Start, from Preconception to Birth.

If a mom-to-be is experiencing nausea or is overly tired, that may also affect her mood. But, according to Schuurmans, there is no hard scientific evidence that suggests the higher levels of the hormones estrogen and progesterone in pregnant women contribute to so-called mood swings.

ANDRESR/THINKSTOCK

"It's normal to have mixed emotions throughout the pregnancy because having a baby is a major life-changing event," Schuurmans says. "Women are understandably going to feel up and down about it."

That said, it isn't normal to feel sad, anxious or depressed all the time. It's important to watch for signs of depression, both during pregnancy and after the baby is born, and for women to talk to their health-care provider if they have any concerns about how they are feeling.

When a woman becomes pregnant, her doctor will perform a physical examination and ask about all past illnesses, including any mental health conditions.

"For example, if a woman had an anxiety disorder before she became pregnant, she'll likely be anxious during her pregnancy and she'll need to learn how to manage those feelings," Schuurmans says.

The most important thing a woman can do while she is pregnant is take care of both her physical and mental health. Physically, she should eat properly and exercise regularly. Mentally, she should be in a safe and healthy relationship with her partner and have good friends, family and other people she can turn to for emotional support.

"If women take care of themselves in those ways, they should enjoy their pregnancy," Schuurmans says.

– Jane Doucet

AGE CAN AFFECT FERTILITY, PREGNANCY AND CHILDBIRTH

Today, more women older than 30 are giving birth than in past generations. Thanks to the wide availability of contraceptives, Canadians now have more control over if and when to have kids and how many to have. For myriad reasons, many women are choosing to wait.

However, every woman should know that her age can affect fertility, pregnancy and childbirth.

According to The Society of Obstetricians and Gynaecologists of Canada, many women don't realize how quickly their fertility can drop and how early that can start to happen, and that fertility treatments can't always make up for that decline.

Canadian women aged 30-34 are now having more children than any other age group. And women 35 and older account for 11 per cent of first-time moms.

But the fact is that female fertility begins to fall in her early to mid-30s. Since this varies from woman to woman, there is no reliable way to predict fertility decline. Women often lose their ability to conceive years before they have the first symptoms of menopause.

Women older than 35 who do get pregnant, either easily on their own or with fertility treatments, have an increased risk of miscarriage, ectopic pregnancy, preeclampsia, high blood pressure and gestational diabetes, among other complications.

And what about the dads? The effect of a father's age on fertility and pregnancy aren't as well-defined as for the mother's age. There is some research that suggests a decrease in fertility for men older than 40 and an increase in genetic disorders for children of older fathers.

If you have been unsuccessfully trying to get pregnant, your doctor may refer you to a fertility specialist. Women aged 35 to 37 should be referred after six months of trying, and those 38 or older should see a specialist without waiting. The dad-to-be's fertility will also be examined.

The good news is that many women older than 35 become pregnant and have healthy pregnancies and babies. It's important to talk to your family doctor or obstetrician/gynecologist before trying to conceive to help identify if you are at risk for any problems that can be prevented or treated in advance.

– Jane Doucet

SURVEY REVEALS GAPS IN FERTILITY KNOWLEDGE

So you know all about the birds and the bees and the basics of biology, but what about your own fertility? According to a new survey, many women are missing important information that can help them take a more proactive role in family planning.

A recent survey of female readers conducted by Metro News Group and EMD Inc., Canada has revealed that only 39 per cent of Canadian women are confident they know enough about their fertility in order to successfully plan for a family.

"The results of this survey confirm that there are still major knowledge gaps that exist that impair a woman's ability to take charge of her fertility," says Misty Busch, regional manager for Western Canada for the Infertility Awareness Association of Canada.

One major area of misconception is the age at which a woman's fertility begins to decline. Of the group surveyed, 27 per cent mistakenly believed that fertility doesn't drop until after the age of 40. As many as eight per cent of those surveyed thought fertility does not decline until after age 50, or even at menopause. In fact, a woman's fertility declines much earlier in life, often before the age of 30.

"A woman is born with all the eggs she will produce and eggs get older as women age, making conception more difficult," says Dr. Timothy Rowe, head of the division of reproductive endocrinology and infertility at the University of British Columbia.

There were some positives in the survey results. A majority (56 per cent) agree that infertility is a medical condition and an overwhelming number of people (73 per cent) said they would consult their GP if they had questions about fertility. Yet, less than 10 per cent of respondents have had their fertility tested.

When it came to questions about in vitro fertilization, which is often the most effective treatment and sometimes the only way infertile couples can conceive, the answers were highly inaccurate. Only 25 per cent of respondents guessed the price tag of IVF at more than $10,000 with medications. And more than half — 55 per cent — said if they needed treatment they would have no idea how to pay for it.

Rowe notes a few things women can do to preserve fertility. Diet and exercise contribute to overall health.

"Exercising won't make you more fertile, but lifestyle choices like not smoking, protecting against sexually transmitted diseases and maintaining a good body weight are key to protecting a woman's fertility."

Rowe encourages a woman to see her doctor right away if she has concerns. Your doctor can order tests to help identify any risks in your ability to conceive.

– Paula Schuck

73% of British Columbians support funding
in vitro fertilization
for good reason
• it brings hope to families wanting to have a baby
• it has better health outcomes for moms and babies
• and it can save the healthcare system money
See how...
1 in 6
BC families struggle with infertility
Because of the high cost of current IVF treatment, families choose to transfer multiple-embryos in hope of increasing their chance to have a baby,
resulting in
complicated pregnancies
complicated births
increased healthcare costs
Twins and triplets tend to require expensive care after birth and throughout their lives. They are
17x
more likely to be born pre-term and require neo-natal care
If IVF were funded, BC would save
$78,000,000
in the first five years due to a reduction in multiple births
Get involved.
Make IVF funding a reality. ivf4bc.ca

SEARCH OUT PATIENT GROUPS FOR INFERTILITY SUPPORT

Cloverdale mom Misty Busch was 25 when she started in vitro fertilization with her husband in hopes of becoming parents.

In her early 20s, Misty had two life-threatening tubal pregnancies. The resulting scarring in her Fallopian tubes meant she was not likely to conceive a child the usual way. Her gynecologist recommended in vitro fertilization (IVF), but finances were a huge challenge to Misty, still paying off student loans and starting a job as a nurse.

Together, the couple agreed to take the money saved to buy a home and use it to pay for IVF, which can cost more than $10,000 with medications. Because they had risked so much, they transferred multiple embryos. The second cycle succeeded. Misty was pregnant with twins.

Twin pregnancies can be challenging. Misty went on strict bed rest early and still developed gestational diabetes. The twins had trouble feeding because they were premature. They each spent several weeks in the costly neonatal intensive care unit.

"When public funding is available to couples needing IVF, as it is in Quebec, health-care savings result," Misty says. "Single embryo transfer, a clinical best practice, means fewer high-risk pregnancies and fewer medically challenging multiple births. That has been shown to save $30 million $60 million each year in Quebec."

Now this B.C. mom of three is an advocate for public funding for IVF and increased infertility awareness and education. She is regional manager, Western Canada, for the Infertility Awareness Association of Canada (IAAC.).

Many patient groups like ivf4bc.ca advocate for public funding for IVF.

Rochat trade a pain after O'Brien injury

MLS. Whitecaps' stalwart centre back was scheduled for MRI on Monday

CAM TUCKER
cam.tucker@metronews.ca

Alain Rochat, seen during Vancouver's game against Toronto FC at BC Place in March, was traded by the Whitecaps last week. The timing has proven inopportune as the Whitecaps are now without three of their regular centre backs. JEFF VINNICK/GETTY IMAGES

Second-guessing a trade in professional sports is nothing new.

Enter the most recent player transaction completed by the Vancouver Whitecaps, in which they dealt Alain Rochat, a veteran defender and popular figure among the local fan base, to D.C. United for a pair of draft picks.

In this case, it's all about timing, and it could not have been worse.

Two days after the trade was announced, the Whitecaps' stalwart centre back Andy O'Brien suffered a hamstring injury in Saturday's loss to the Seattle Sounders FC.

O'Brien, who has been the anchor of the back line throughout the season, was absent from Monday's on-field training session at UBC.

He remained in the club's new facility, getting treatment. He was scheduled to go for an MRI later in the afternoon.

Suddenly, the Whitecaps are down three of their regular centre backs — Jay DeMerit continues to rehab a torn Achilles tendon that was surgically repaired, while Brad Rusin remains out with a calf injury — and no longer have the services of Rochat.

Whitecaps head coach Martin Rennie met with reporters on Monday, aware that he would be questioned on the timing of last week's trade.

"As soon as (Andy) got injured, I realized that would be an obvious question," Rennie said.

"With trades, it's actually quite difficult. They're only on for a day or two and you get the chance and you have to make your mind up and you have to make a decision. We made that decision for the bigger picture."

The Whitecaps do have options.

Carlyle Mitchell, who was recalled from FC Edmonton, is coming off an ankle sprain, and was on the field on Monday doing drills off to the side.

Rennie said Mitchell is expected to be ready for Saturday, when the Whitecaps host the New England Revolution at BC Place Stadium.

"I rate Carlyle Mitchell really highly," Rennie said.

"All being well, we can get him healthy and I think that he and (Johnny Leveron) could actually be a really good partnership for us. Obviously there's a little bit of work to do to get that right but hopefully that will be the case."

Moving ahead

"It's unfortunate, the timing. But that's the way it goes and unfortunately that happened for us now."

Whitecaps head coach Martin Rennie on Andy O'Brien's hamstring injury, which came just two days after Alain Rochat was sent to D.C. United in a trade.

NHL

Eakins eager to make Oilers a constant contender

The Edmonton Oilers officially announced Dallas Eakins as their new head coach on Monday, replacing the fired Ralph Krueger.

Eakins is the fourth coach in the past five seasons for the Oilers, who have not made the playoffs since reaching the Stanley Cup final in 2006.

Eakins also reportedly drew interest in Vancouver for the Canucks' head coach position. THE CANADIAN PRESS

Turban ban

National body suspends soccer association

The Canadian Soccer Association says it has suspended a provincial association over its refusal to let turban-wearing children play.

The organization says it had to intervene because the Quebec Soccer Federation showed no sign of overturning its decision to restrict turban-wearing Sikhs from the pitch.

"The Quebec Soccer Federation's inaction has forced us to take measures in order to ensure soccer remains accessible to the largest number of Canadians," it said in a statement Monday night.

The national organization said last week that it expected the Quebec association to reverse the ban, which has drawn international news coverage and condemnation from several federal politicians.

THE CANADIAN PRESS

Lions kicking situation gets hairy at camp

Paul McCallum is expected to spend most of his time kicking field goals for the Lions in 2013. THE CANADIAN PRESS

After operating with little fanfare in 2011 and 2012, Hugh O'Neill is finally getting some face time at a B.C. Lions training camp.

O'Neill's new full-length beard has generated buzz among players, coaches and media types alike as they wonder: What's with the new fuzz?

"There's no real reason for it," O'Neill said. "It was one of those things where we were in the off-season and I just stopped going to the barber, I guess.

"This is what the result was. It just kept getting longer. And the longer it gets, the harder it is to bring yourself to chop it off."

His facial locks have been compared to the band ZZ Top and the TV show Duck Dynasty.

"We've got Uncle Si (from Duck Dynasty) on our team this year," No. 1 kicker Paul McCallum said.

But as the pre-season approaches, O'Neill must prove that he has also grown his game sufficiently after serving as McCallum's understudy. O'Neill and fellow 23-year-old Steven Shott are battling for the second kicker spot that is slated to open up as the club asks McCallum, the CFL's oldest player at 43, to play a reduced role than in past seasons.

If all goes according to plan, McCallum will spend most of his time kicking field goals while O'Neill or Shott handles punting, kickoffs or both.

Although O'Neill has been with the Lions for the past two seasons, the Edmonton native is listed as a rookie because he has yet to suit up in the regular season. He last played in the 2012 pre-season, and can't wait to get another shot.

"It's a big opportunity for me, so I really look forward to playing," he said.

THE CANADIAN PRESS

Making it easier on McCallum

Paul McCallum, entering his 21st CFL season, made 44 of 52 field goals for the Lions in 2012 after connecting on 50 of 53 in 2011.

- But punts and kickoffs add wear and tear to his leg, risking a lower success rate on three-pointers.

Horoscopes

♈ Aries
March 21 - April 20
You don't lack for confidence and you won't hesitate to tell others where they've gone wrong. It may in fact be the case that you've got it wrong but your self-belief is such that you just don't notice.

♉ Taurus
April 21 - May 21
Some people may be rather cool towards you today but don't think that means you are out of favour. More likely they're dealing with personal issues and don't have time for niceties. It's no big deal.

♊ Gemini
May 22 - June 21
Go with your feelings today and don't be afraid to let others know why you think they are wrong. They may accuse you of being irrational, but you know better than to ignore your instincts.

♋ Cancer
June 22 - July 23
Saturn's influence in your chart, though good, may cause you to be a bit too limited in your thinking. Imagination is every bit as important as intelligence, so listen to your inner voice then act on what it tells you.

♌ Leo
July 24 - Aug. 23
A loved one is in need of assistance but they keep pushing you away every time you try to help. There's not much you can do except hang around so you are there for them when they come to their senses.

♍ Virgo
Aug. 24 - Sept. 23
You feel compelled to resolve a feud that has dragged on a long time. It isn't worth the time and the energy. Move on.

♎ Libra
Sept. 24 - Oct. 23
Whether the challenge you face is personal or professional, you can and you must meet it head-on today. You may be good at indecision but you can take the initiative when you need to, like now.

♏ Scorpio
Oct. 24 - Nov. 22
You may not be happy that you cannot move in the direction you most want to go but the planets are holding you back for a reason. What is that reason? By the end of the week you will finally know.

♐ Sagittarius
Nov. 23 - Dec. 21
Even a Sagittarius needs to be alone with their thoughts once in a while and if that is how you feel now then by all means get away from the crowds and the noise. You need room to think about your options.

♑ Capricorn
Dec. 22 - Jan. 20
How seriously do you take your aims? According to your solar chart you are a bit too vague about your goals at the moment. Time to get serious.

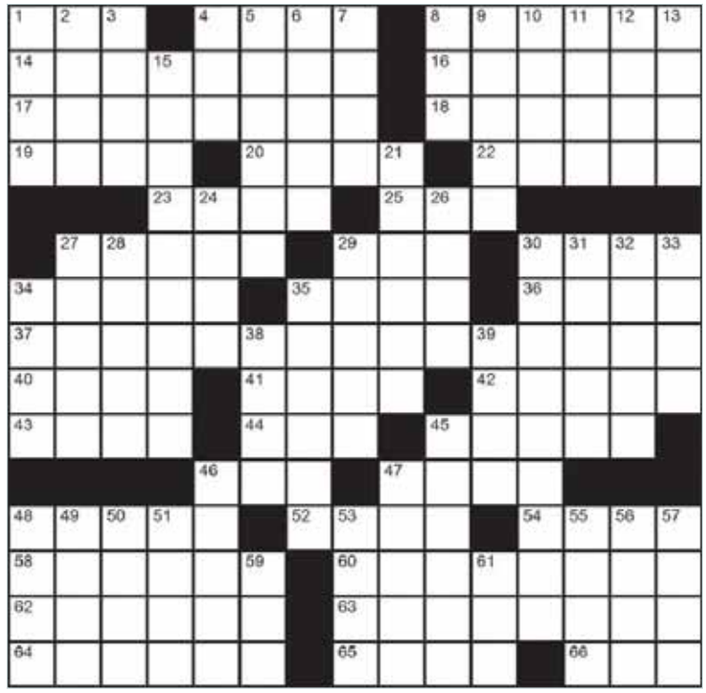
♒ Aquarius
Jan. 21 - Feb. 19
Someone who envies your popularity will try to find ways to make life difficult for you but it's unlikely they will succeed. And if you keep the smile on your face you will annoy them all the more!

♓ Pisces
Feb. 20 - March 20
Nothing seems to faze you, and that's just as well because some people will go out of their way to infuriate you. Don't worry about it it. Not everyone can be a big-hearted Pisces. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

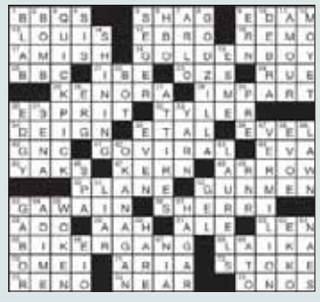
BY KELLY ANN BUCHANAN



Across
1. _ __ vapeur (Steamed, restaurant style)
4. Ontario's Casino __
8. Piles
14. Tires company
16. Esoteric
17. __ Sea (Arctic Ocean part)
18. Cape __, Nunavut
19. "Correct me __ __ wrong, but..."
20. Canada Geese flying formations
22. __ out (Distributes)
23. Pizzeria products
25. Li'l kitchen measurement
27. Put into a cell
29. Fam. member
30. "Born Free" (1966) lioness
34. __ a fox: 2 wds.
35. Remarked
36. Plunges
37. Rush's 'Rock Album of the Year' at this year's Junos: 2 wds.
40. Farm sound
41. Boundary
42. Dick __, legendary Montreal Canadiens coach
43. Golfer's props
44. Compete
45. "Kathy Griffin: My Life on the _-__"
46. Currency in Romania
47. Regard
48. Mindful
52. Greek Myth: Pleiades sister
54. Ms. Minnelli
58. Newspaper article length
60. Ottawa university
62. Stellar
63. How Farrah Fawcett's 1970s hairstyle was cut: 2 wds.
64. Canadian __ (Region of rocks)
65. Week parts
66. Bob __ (Liberal politician)

Down
1. Prefix to 'dextrous' (Skilled at right/left hand use)
2. Poet's 'willingly'
3. Health food berry
4. CFL official
5. Billy Idol's "To Be _ __"
6. Swampy spots
7. Poker stake
8. Clown face expression
9. Badly defeat
10. Territorial measure
11. Show's group of actors
12. Pants part
13. Arranges
15. Some whales
21. Hit the picket line
24. Phantom of the Opera tune: "All _ __ of You"
26. Kim Mitchell hit: "Go for __"
27. Miss __, "Dallas" matriarch
28. The Gershwins musical, __ __ and Only
29. Freight-carrying boat
30. Martin Short's uniquely-coiffed/high-waisted-pants character: 2 wds.
31. Actor Mr. Schreiber's
32. Divvy up
33. PGA part, for short
34. Sean Connery, for one
35. Dietary concern
38. "__ Only Just Begun" by The Carpenters
39. Egypt's river
45. In a heartfelt way
46. "Street __" (1987 to 1994 Canadian series)
47. Princess __, William and Harry's mum
48. Regrettably
49. Hope for
50. __-aging cream
51. Unique
53. Music style, __ rock
55. Roman road
56. Author, __ Neale Hurston
57. Newfoundland: L'__ aux Meadows
59. Long ago time
61. Vegas partner

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	5	3	6		8	9	4	
2	8						1	3
		7	2		6	4		
	2			8			7	
		9	5		7	3		
4	7						9	2
	3	1	4		2	8	6	

Yesterday's Sudoku

1	4	5	9	2	8	3	6	7
9	2	3	6	7	1	5	4	8
7	8	6	4	3	5	1	2	9
6	3	1	8	4	7	2	9	5
4	7	8	2	5	9	6	1	3
2	5	9	1	6	3	7	8	4
8	1	7	5	9	6	4	3	2
3	6	4	7	8	2	9	5	1
5	9	2	3	1	4	8	7	6

Today
18°/11°
Showers
60%

Wednesday
14°/12°
Showers
40%

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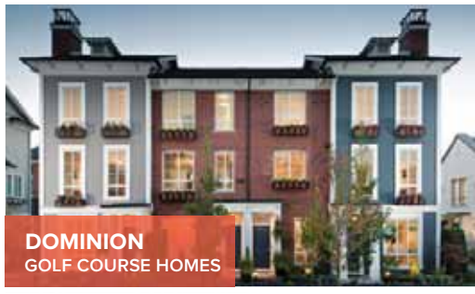

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